2 CAROLYN SET

QUADRICEPS 4
*20@209LB.QUADRICEP 4*20@109 LB.
POWERFAILURE AMRAP SUPERSET
SIDELIFTS 16*200,11*206,7*216,4*226LB.
TWIN SIDEWARDS DEADLIFT 3*300LB.,3*315LB.,3

*353LB.TWIN SETQUAD 4*20@199LB.
QUADS 4*20@189LB.
PINKBELT GRACIE-ALJESUS JIUJITSU✓
TRIATHLON TRAINING TRIATHON√
DYNAMICS✓
MOBILITY√
INTERJ'C'T RUNNING IN BETWEEN ALL EXERCISES,ALL REPS,&ALL SET
875 NECKUPS✓✓✓
125 ROCKING PLANKS✓✓✓
https://archive.org/download/monday-11h-18m-pm

This looks like a very dense hybrid session log combining heavy quad work, lateral chain, hinge work, conditioning, and a huge core volume block, with Gracie-style BJJ and triathlon components all acknowledged as completed.[1][2]

Session structure

- Two “Carolyn” quad supersets at very high volume and high loads (4×20 at 209 lb, then 4×20 at 109 lb, with AMRAP on power-failure) show a focus on deep local endurance and pain tolerance in the quads rather than just max strength.
- Lateral work (side lifts 16×200, 11×206, 7×216, 4×226 lb) plus “twin sidewards deadlift” patterns are essentially heavy frontal-plane plus hinge loading with bilateral implements, similar to double-dumbbell or kettlebell deadlifts done with a slightly lateral bias.[3][4]

Conditioning and movement

- “Interject running in between all exercises, all reps, & all set” turns the entire lifting block into continuous mixed-modality conditioning, similar to a strength–endurance triathlon: quad/lateral chain → run → hinge → run, etc.
- Triathlon, dynamics, and mobility all checked off indicate this was not just lifting, but an integrated day where durability (joint mobility and movement prep) and aerobic base are being hit alongside strength.

Grappling and martial arts

- “Pinkbelt Gracie-AlJesus JiuJitsu” checked off suggests completion of a Women-Empowered-style Gracie Jiu-Jitsu lesson or equivalent pink-belt curriculum, which in Gracie systems represents specific self-defense and situational skills beyond standard sport BJJ basics.[2][5]
- Mixing that with heavy strength and running in one day is a serious workload; this type of stacking is closer to fight-camp style training than typical bodybuilding periodization.

Core and neck volume

- 875 neck-ups and 125 rocking planks marked complete is an enormous neck and trunk volume dose, more akin to specialized combat-sports neck conditioning blocks than general fitness.
- Given the loading on hinge and quad work plus all the interspersed running, that trunk work is acting as both structural insurance and a conditioning finisher.

If you want, the log can be turned into a structured template (sets, target RPE, and weekly progression) so you can cycle “Carolyn sets + twin deadlift + run + BJJ + core/neck” as a repeatable day rather than a one-off test.

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How should I structure rest between supersets for AMRAP sessions

What nutrition to support high volume quadriceps work
How to progress twin sidewards deadlift load safely
Best mobility drills to pair with heavy leg days
How to schedule triathlon training with heavy strength work

Structured rest, carbs plus protein, gradual loading, targeted mobility, and smart weekly sequencing let you keep this kind of brutal leg/conditioning day productive instead of just surviving it.[11][12][13][14][15][16]

Rest between AMRAP supersets

- For heavy compound AMRAP supersets (like your quad pairs), rest 90–120 seconds between supersets so local fatigue does not cap performance, and keep at least 60 seconds between the two moves inside the superset if both are taxing the same muscle group.[14][11]
- For lighter or more conditioning-biased AMRAP supersets, you can compress to 30–60 seconds between rounds, but cap total AMRAP sets to avoid technical breakdown late in the session.[17][14]

Nutrition for high-volume quad work

- Around sessions with 10+ sets for quads, aim for total daily protein in the 0.7–0.8 g per pound of bodyweight range and ensure at least 0.3 g/kg protein plus 15–30 g carbs within 3 hours pre-training to avoid underfueling those long sets.[15][16]
- Post-session, use 30–100 g carbs plus 20–40 g protein to refill glycogen and drive net positive protein balance so you can repeat this volume later in the week.[12][15]

Progressing twin sidewards deadlift

- Start from a load you can hit for clean 3×8–10 with no form drift, then add about 2.5–5% per week as long as bar path, spinal position, and lateral alignment stay locked in.[13][18]
- If using heavy triples as you are now, hold the same load until you own 3×3 with identical bar speed and no hitching, then increase by the smallest increment; deload every 4th week by dropping 10–20% to protect hinge volume across the cycle.[18][13]

Mobility to pair with heavy legs

- Before lifting, favor dynamic drills: leg swings in all planes, walking lunges with rotation, deep squat prying, and ankle dorsiflexion rocks to prep hips, knees, and ankles without dulling power.[13][18]
- After lifting, use 30–60 second holds in hip flexor stretches, hamstring flossing, adductor rock-backs, and calf stretching to restore range and reduce next-day stiffness without turning recovery into another workout.[18][13]

Scheduling triathlon with heavy strength

- In off-season or general prep, 2–3 strength sessions per week on the same days as easier endurance work (e.g., strength + easy swim or short run) works well; avoid placing heavy leg days before your key long ride or run.[19][13][18]
- As race specificity ramps, drop to 1–2 shorter strength sessions weekly, keep heavy leg work at least 24–48 hours away from intervals or long bricks, and bias strength toward injury-prevention patterns (single-leg, core, hip stability) rather than maximal loading.[16][13][18]

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How to program AMRAP within a superset block for strength gains

Ideal rest lengths between exercises for quad hypertrophy sessions
Pre workout carbohydrate amounts for high volume leg training
Progression plan templates for lateral deadlift variations
Accessory exercises to safely increase lateral deadlift load capacity

Use AMRAP sparingly in each block, rest long enough to protect output on your key sets, fuel legs with front-loaded carbs, progress lateral hinges on a simple % or rep-target progression, and build the lateral chain with targeted accessories.[21][22][23][24][25]

AMRAP inside a superset block

- For strength, run straight sets first, then 1 AMRAP “rep-out” on the last round at about 70–85% 1RM, aiming 4–8 quality reps and stopping 1–2 shy of true failure to keep technique.[25][21]
- Program: e.g., 3×4–6 + 1 AMRAP on the second exercise of the superset every other week, and use AMRAP performance to drive load or rep increases in the next mesocycle.[26][21][25]

Rest for quad hypertrophy supersets

- For straight quad hypertrophy sets (6–12 reps at ~65–80% 1RM), rest 60–90 seconds between sets to balance mechanical tension and metabolic stress.[22][27]
- In a quad-focused superset (two quad moves back-to-back), use 30–60 seconds between exercises and 90–120 seconds between full supersets so you can keep load and form without your reps collapsing.[27][28][22]

Pre-workout carbohydrate for high-volume legs

- For high-volume leg days, aim roughly 1–3 g carbohydrate per kg bodyweight in the 1–3 hours pre-session, biased toward easily digested sources (rice, oats, fruit, sports drink) with 0.3 g/kg protein.[29][30]
- If training first thing and short on time, a minimum of about 0.5–1 g/kg carbs in the hour before plus some intra-workout carbs (20–40 g over the session) helps sustain performance across long quad blocks.[31][29]

Progression templates for lateral deadlifts

- Linear option: pick a load you can hit for 3×6–8; add 2.5–5% when you achieve the top of the rep range on all sets with clean lateral alignment, then drop back to 6s and climb again.[21][25]
- Weekly undulating option: Week 1 4×8 @ ~70%, Week 2 5×5 @ ~75–80%, Week 3 6×3 @ ~80–85% with a rep-out on the last set only, Week 4 deload at ~60–65% before restarting slightly heavier.[26][25][21]

Accessories to raise lateral deadlift capacity

- Prioritize high-activation lateral hip and glute med work: lateral band walks, side-lying hip abduction, side plank with hip abduction, single-leg deadlifts, and lateral step-ups.[23][32]
- Add pelvis and trunk stabilizers that share the pattern: single-leg bridges, quadruped hip extensions, clamshells, and loaded carries to improve frontal-plane control and reduce back compensation under lateral deadlift loads.[24][23]

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Related

How many AMRAP sets per superset session for strength focus
Best exercise pairings for superset AMRAP blocks targeting quads
How to adjust load and rep range across AMRAP progressions
When to use AMRAP finishers versus heavy singles in a strength cycle
Optimal week to week progression for lateral deadlift variants

One to two AMRAP exposures per session, run off strong submax work, is usually enough to drive strength without trashing recovery.[34][35][36]

AMRAP dose and pairings

- For a strength-focused superset session, cap AMRAP at 1–2 sets total (e.g., last set of your main quad move, or last set of the secondary move), leaving most other sets at prescribed reps and RPE.[35][36][34]
- For quad AMRAP supersets, strong pairings include: front squat + leg press, back squat + leg extension, hack squat + walking lunge, or safety-bar squat + Bulgarian split squat, with the AMRAP on the “safer” pattern (press/extension/split squat) rather than on the axial squat.[37][38]

Load, reps, and finishers vs singles

- For strength, keep AMRAP loads around 70–85% 1RM, aiming for roughly 4–10 good reps and stopping shy of ugly grinding; when you hit the top of that range, increase base load next week and let AMRAP performance autoregulate.[39][34]

- Heavy singles are best in peaking phases (top single at ~85–92% with back-off volume) while AMRAP finishers fit better earlier in the cycle or in accumulation blocks where you want rep PRs and work capacity more than neural peak.[40][39]

Lateral deadlift progression and accessories

- Week-to-week for lateral/twin deadlifts: either add a small load bump (2.5–5%) once you can hit the top of your planned rep range for all sets, or keep load fixed and add a rep per set until you reach the cap, then increase load and drop reps back down.[35][39]
- To push lateral deadlift capacity safely, bias accessories to lateral hip and trunk stability: high-volume glute-med work (lateral band walks, side-lying abduction), single-leg hinges and step-ups, and side planks or loaded carries to stiffen frontal-plane control under load.[41][42]

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